

# THE CORNELL READING COURSE FOR THE HOME

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STATE EXTENSION SERVICE IN HOME ECONOMICS  
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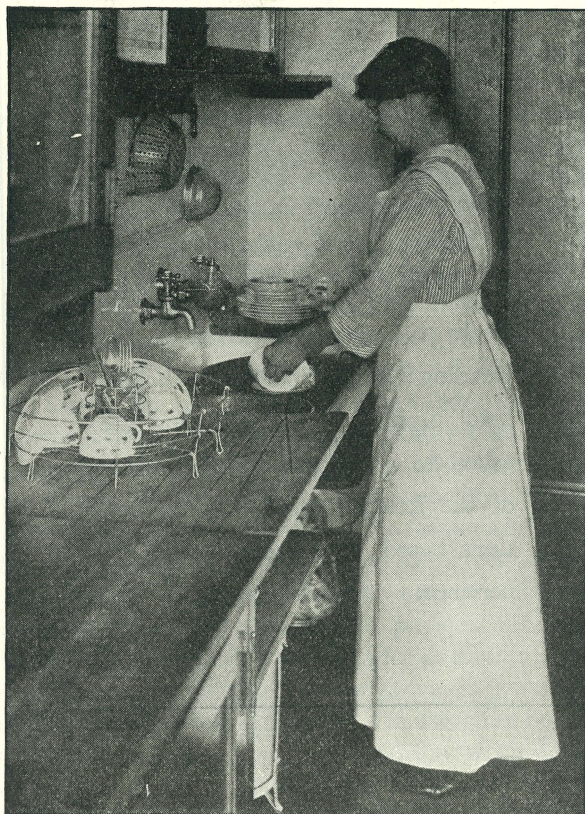
HOUSEHOLD MANAGEMENT SERIES

LESSON 138

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## SAVING STRENGTH IN THE HOUSEHOLD

EMILY M. BISHOP AND MARTHA VAN RENSSELAER



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### SUPERVISORS

MARTHA VAN RENSSELAER  
FLORA ROSE  
ALICE BLINN

### EDITORS FOR THE COLLEGE

BRISTOW ADAMS  
CEILIA BATES

The Reading Course for the Home is for housekeepers who would supplement their school training by further reading and who would help solve their household problems by home study.

All persons in the State who are interested, are asked to write freely to the supervisors of the Reading Course concerning household problems. Housekeepers are asked to contribute to the value of the Reading Course by suggestions based upon their home experience.



## SAVING STRENGTH IN THE HOUSEHOLD

EMILY M. BISHOP AND MARTHA VAN RENSSELAER

A housekeeper was heard to say, "I have so much to do I don't know what to do first; so I think I will take my nap and get that much off my mind." She was, unconsciously, a good philosopher, for the nap enabled her to get thru her duties without worry and fatigue, actually more tiring than work itself.

Our observation of most women indicates that they want not less to do, but more health and strength with which to labor. The average woman wastes nervous energy over unaccomplished work. The practice of exercises described in this bulletin may help women to work with increasingly good results yet with less fatigue.

To suggest to those who in their daily occupations are usually on the go, not only from sunrise to sunset but for several hours more, that physical exercises would be good for them, seems at first impression nothing less than an absurdity. One can almost hear the answer that such a suggestion would call forth from many a busy, energetic woman, as well as from many a tired, overworked woman: "Exercise! Physical training! What nonsense! I have enough exercise in my work;" or, "I think I could give these physical training teachers a few lessons myself. Let them get the meals for my large family, do my washing and ironing, take care of my house, tend my dairy, feed my chickens, and they would not need any fancy exercises!" Or the weary woman sighs: "What I want is a chance to rest, to get strong again. Don't talk to me about more exercise." Such reasoning seems sound. It would be essentially true if physical training meant an increase of the same kind of exercise that is necessary in the performance of one's daily work. But the physical training herein suggested means something very different. The farmer and the wife often need some kind of physical exercise that will tend to correct the physical faults of their daily occupation. The existence of worn, crooked, and prematurely old men and women is proof enough that physical betterment is needed.

If an old, worn-out stove will burn up twice as much fuel yet give out but two-thirds as much heat as would a new stove, it is a *saving of money* to spend money for a new stove. Likewise, if in using the body in an incorrect way more nervous energy is consumed and less work accomplished than would be in using it correctly, it is plainly a *saving of time* to take time to learn how to use the body more economically.

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NOTE: The illustrations in this lesson were posed by an instructor of physical training and are somewhat exaggerated in order to bring out the points to be illustrated.

Of course it is not asserted that by means of physical training one can lessen the actual amount of a day's work; but it is maintained that an acquaintance with practical physical exercises will enable women greatly to lessen the fatigue attendant on their work.

### REST AND RELAXATION

One of the first things that many persons need to do is to get rested; then the mountain of work and worry will melt away into a possibility of accomplishment. There are women who would not be caught napping in the daytime and who would be afraid to be found sitting in an easy-chair in the forenoon. Still, it may be a clear gain of time to indulge in such resting periods, and the couch and the easy-chair should be frequently used.

Oftentimes we spend as much energy in useless effort to get things done when we do not feel like doing them as in the accomplishment of much more when we are fit for it. We are more satisfied with work done in the morning when we are fresh, than we are likely to be with that done later in the day when the spirit lags from want of strength.

It has been noted by housewives that perhaps just before dinner, when the family is expected home, or at any other critical moment in the day's work, a nervous tension is experienced which wearies more than does actual work. One way to get along at such a time is to screw up the nervous energy a little harder and try to go thru the ordeal of being the leading spirit in the household and at the same time seeing that the dinner is on the table in good condition and properly served; quite a different way is to relax physically, and by such relaxing throw off nervous tension with the belief that everything will come out all right and that even if there are mistakes they are not serious. During such relaxation is a good time to use the rocking-chair, to close the eyes, relax the jaw, and become possessed with the idea that "all's right with the world."

Repose settles very gracefully upon a housewife. The other members of the family do not always come home with the spirit of helpfulness and cheerfulness, and when a woman finds it necessary to be the pacifier or the encourager it will be a time for her to call upon her reserve power of strength. She therefore needs to store up energy for the unexpected, because emergencies are always having to be met in the household. If she does not plan for the unusual, the unusual is likely to be the "straw that breaks the camel's back." Remember the Jamaican couplet:

"Doan run too fas' wi' dat load o' limes;  
Ef you run too fas', you will run two times."



### Rest periods

The wise woman will not fail to take a few minutes for rest several times during even her busiest and most taxing day. Indeed, it is on just such a day that she most needs to practice the beneficial gospel of relaxation. To relax — to let go the nerve, brain, and muscle strain — for even sixty seconds is a positive gain to the entire system. Complete relaxation and thoro rest are most easily obtained by lying down and unreservedly yielding the support of the body to the couch. Thus to spend five or ten minutes in the middle of each day would enable many a worn and weary house-worker to accomplish more with less fatigue, than is otherwise possible. The foregoing suggestion is so remote from what many an industrious woman considers her duty to her family as to seem to her like theoretical nonsense. Nevertheless, it is body- and brain-saving, good, common sense. Duty to oneself should lead women to take measures for saving health and strength while there is still a fund to draw upon.

Rest periods of fifteen minutes at intervals during the day are much to be desired in the housekeeper's program, and they should be taken before she has become so weary that fifteen minutes do not seem to count. A hard-working professional man was asked how often he rested. He replied, as often as he had fifteen minutes to spare. Women do not rest often enough before they are utterly exhausted. Sometimes it seems easier to continue working than to stop, because the first experiences in resting are most uncomfortable; one dreads the let-down after utter exhaustion. Moreover, young housekeepers full of life and energy are tempted to work beyond their strength without planning for the reserve necessary for later years.

### Vacations

Vacations cost less and are much more to be enjoyed if taken before one is entirely worn out and too tired to enjoy them. No one needs a vacation more than does a housekeeper. Everything is brighter and more encouraging on her return, and her family feels the benefit that has come to her from a fresh point of view and a rested spirit. Homemakers probably find it more difficult than do many others to leave their work, even for a day or two, and, when it is suggested that they have a change for two weeks, are appalled at the thought of leaving their home duties.

It is very restful to sit for ten minutes visiting with some one, or even with folded hands, if one's leisure is not enforced. Enforced delays, however, are irksome. As soon as one becomes aware that the dinner may be late because of trouble with the kitchen fire or because of some interruption, every delay becomes wearisome. It is not always possible in a household to have helpers do things on time and accomplish results successfully, and the average woman is worried by waiting for others to gain results or to



travel as fast as she wants to. Worrying over such conditions is a difficult habit to overcome; yet it causes much waste of energy. The satisfaction of doing all that is possible is really the only necessary requirement, and, if one can drop the worry over work not accomplished, much is gained in poise.

We unfit ourselves for duties that we wish to accomplish by the fear that we shall fail in them. If one is called upon to act as hostess under trying circumstances or to speak at the farmers' wives' club, the anticipation of her duty is much harder than its accomplishment. But who has suggested failure? It is she who is to perform the part, who says, "I am afraid I am going to fail." The fear of failure is a prompt invitation to fail. To entertain this idea of failure is almost sure to bring about direful results, and because of such an idea many refuse to perform a duty that would afterwards be a source of satisfaction. If one does not allow the idea of failure to enter the mind, or, if it does, drives it out immediately, there is great promise of success. There is much in the philosophy of abandon in work; when, letting results come as they will, one may be sure of doing the best that is possible.

Mental and emotional states are inevitably more or less influenced by bodily condition and activities. A dejected physical attitude tends to develop a dejected mental state. On the other hand, there is nothing more effective for ridding oneself of the "blues" than to stretch the body to its full height, to breathe deeply, and to express lightness and joyousness in bodily action; to recall some witty saying and laugh over it again, or sing a bit of some merry song, or run gaily out to the barn and call the chickens in cheerful tones, or take a few steps of the dance that one delighted in before one married and "settled down." That settling down physically and mentally is perhaps the thing of all things that it is most essential to protect oneself against.

How significant is such a remark as "bowed down with grief" or, if a man has been unfortunate, "he has grown ten years older in a week"! Grief, if yielded to, does bow the body down; so does trouble of all sorts. When things seem to be going all wrong and we have begun to take a solemn attitude toward everyday incidentals, the habit of working the muscles into a smile or a laugh will bring a comfortable inward feeling which really means inward happiness. We generally laugh because we are glad, but psychologists tell us that we shall be glad because we laugh; and if the more natural method of laughing because we are glad has been neglected, it may be well to learn to be glad because we laugh. I knew one woman who had a habit, when there was forewarning of a domestic storm, of relaxing the muscles of her face into a smile and even of laughing heartily. This may have been a nervous reaction, but it worked like a charm upon the family and the children knew that when the mother's sides were shaking, discord would be disarmed.



Depressed mental states have an involuntary restrictive effect on all the vital processes. To be blue or sad or despondent is to have the breathing, the circulation, and the innervation of the body less than normal — the latter to such an extent that not enough nervous energy is sent to the muscles to give them tone and vigor. The results are that the muscles become unduly relaxed, the chest sinks, the head droops, and the feet and legs drag. One must summon the will to the rescue. The inert muscles and heavy body must be energized and invigorated. The very effort made in thus taking oneself in hand and holding the body bravely erect, affects the mental state wholesomely. Courage begins to replace despondency. When everything seems topsy-turvy and your feelings are correspondingly crisscross, instead of clouding the day with irritability, or grieving some one by an angry word or unkind tone, try a simple physical training remedy: stand perfectly still for a full minute; breathe full and deep; let go the tension in the muscles, loosen the hard-set jaw, smooth out the forehead frown; let go physically, and the mental let-go will follow.

Every one admires a woman who is reposeful. A well-poised woman has greater efficiency and a greater power over others than does one with less poise.

### HOW TO USE THE BODY

Few appreciate how much health, strength, and endurance, how much ease in work and youthfulness of figure, depend on the backbone. When that wonderful twenty-four-jointed-column of bones is in its natural position it forms a double curve (Fig. 63). That double-curved line is the line of greatest strength and flexibility. It is also the line of beauty. On the maintenance of the double curve in the spine, the attitude of the body as a whole and the correct positions of all the vital organs primarily depend. Altho the double-curved line is the right line for the backbone always to keep when the body is simply erect — either in a standing or sitting posture — deviations from that line are continually occurring during the manifold movements of the body.

The adjustability of the spine to the movement desired is of great service in the use of our bodily machine, but we must be sure to bring the spine back to its natural pose — the double curve — after every act that causes it to bend or twist; the failure to do so is one of the chief causes of the aging of the body, of undue fatigue from work, and of the ills that flesh is not "heir to."



FIG. 63.

THE SPINAL COLUMN  
In its natural position,  
the spinal column forms  
a double curve





A



B

FIG. 64. STANDING POSITIONS

- A. A common standing position in which a general bad use is made of the body  
B. The normal, true attitude of standing, in which the natural double curve of the spine is maintained



### Injurious and healthful ways of using the body

A woman is represented in Fig. 64, A, in what is a very common standing position — the upper part of the trunk thrust too far backward, the lower part too far forward. The same general bad use of the body is seen in a sitting position, Fig. 66. Such positions compress the ribs and disastrously interfere with the three indispensable vital functions of life — respiration, circulation, and digestion. The chest is cramped and sunken, making full, invigorating breathing impossible; the circulation is impeded by pressure on the veins and arteries, caused by the sagging of the heavy upper trunk; while the stomach, as a well-known physician has said, "is literally crowded out of house and home."

Worst of all, in bad postures all the supporting muscles of the trunk are incorrectly and injuriously used. Strain is brought on the muscles of the lower back — the internal as well as the external muscles — frequently causing backache; while the front waist muscles and the abdominal muscles are more or less relaxed, whereas, of all the muscles of the body, they are required to do the most important work of supporting the vital organs and should be especially firm and strong. Other results of such bad uses of the body are heaviness of movement, unnecessary fatigue, and, frequently, nervousness and serious pelvic troubles.

The normal, true attitude in standing is shown in Fig. 64, B. In this illustration the body is shown so poised that the back maintains its natural double curve (Fig. 65) and the upper part of the trunk (the chest and bust) is in advance of the lower part (the abdomen).

In the bad standing position illustrated, a line extending from the toe-tips vertically upward would touch the abdomen and be several inches from the chest. In the good standing positions the line would clear the abdomen and touch the chest. This line test one of the best simple tests of a good poise of the body (Fig. 65).

In order to change from A to B in Fig. 64, one should stand as alertly erect as possible and by motion at the hip joints sway the trunk forward until the chest is in line with the toe-tips. The swaying motion should be done easily, without strain or tension. One who is accustomed to a

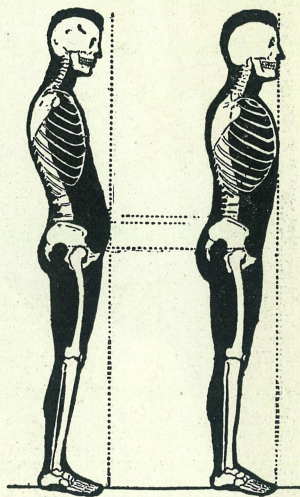


FIG. 65. THE LINE TEST OF GOOD POSTURE

A line extending from the toe tips vertically upward should touch the chest and not the abdomen. This is one of the best simple tests of good posture





FIG. 66. WRONG SITTING POSTURE

The functions of digestion, circulation, and respiration are hindered by this position





FIG. 67. CORRECT SITTING POSTURE

The hips rest against the back of the chair and the chest is raised



bad poise of the body may feel at first, in assuming this normal poise, as tho she were about to fall forward. Standing tall, "erect under the stars," and keeping the head well up will soon overcome such a sensation. Note

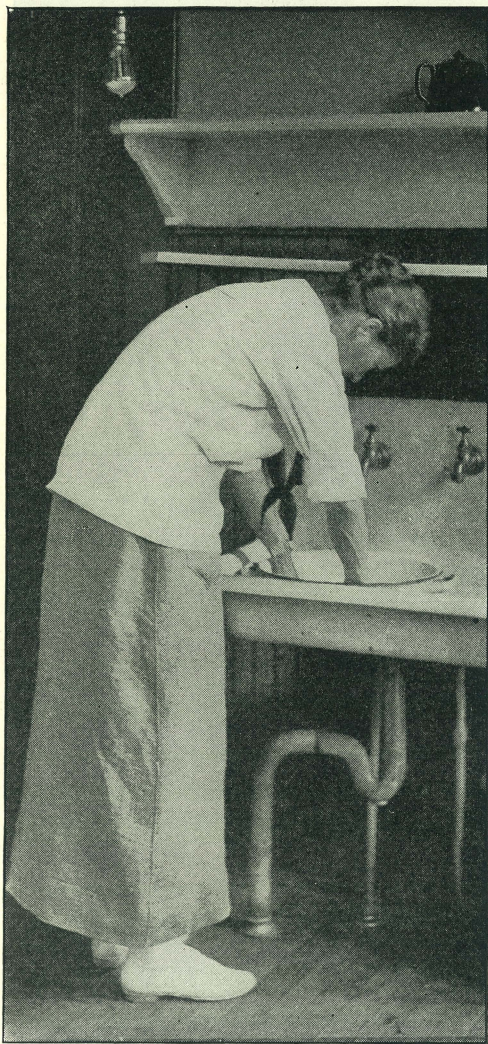


FIG. 68. HARD WORK

A familiar bend and stoop of shoulders and back over a sink much too low for the height of the woman who works at it

the points in favor of the position: (1) the waist and abdominal muscles are firm instead of being weakly relaxed; (2) the vital organs are well supported; (3) every part of the body is unrestricted, there being no cramping, crowding, nor sagging of any of the parts; (4) the center of gravity is over the balls of the feet, which is essential for light, easy walking; (5) the chest is high and active instead of being narrow and depressed; (6) the shoulders are flattened instead of being round; (7) each part of the body is in balanced relation to all other parts, so that all the muscles are free from strain or tension.

These are the conditions for health, lightness of movement, physical endurance, work with the least fatigue, and uplift and joyousness of spirit.

The right poise of the body is the first great essential in physical economy. After that, nothing is more important to housekeepers than to know how to bend and stoop with the least strain, the least expenditure of nervous energy, and the least interference with the vital functions. Every woman will recognize the too

familiar bend and stoop from the shoulders and back — with an accompanying break at the waistline in front — seen in the woman washing dishes (Fig. 68), and in the picture of the woman washing clothes (Fig. 70).



Nature's bending places are the hip joints and the knees. When we ignore the hip joints and the knees and put their legitimate work on the back, Nature resents our failure to cooperate with her. She gets even with us by enfeebling the digestion, by making the back bowed, old, and weak and the body heavy and set, and by otherwise stealing away our youth and health unawares. The office of the muscles of the back is primarily to keep the trunk of the body normally erect. In leaning somewhat forward, as in sweeping (Fig. 72), in washing (Fig. 71), in all kitchen-table work — such as kneading bread, rolling pie crusts, preparing vegetables, and washing dishes (Fig. 69) — let the movement be from the hips, keeping the back in nearly the same position that it has when one stands easily erect (Fig. 64, B). In stooping to pick up something from the floor, the knees should bend and the large muscles of the legs should carry the body and arms down within reach of the object desired. The ugly and fatiguing way to pick up an object is to strain the back and cramp the pelvic organs.

In order that there may not be some undue strain, even when one bends forward from the hips in the right way, kitchen tables, ironing boards, sinks, and washtub stands should be made considerably higher than they usually are. A table too low for a woman's height causes her, almost unavoidably, to sin against health and comfort. Tables should be made to fit the women who work at them; women should not be obliged to fit

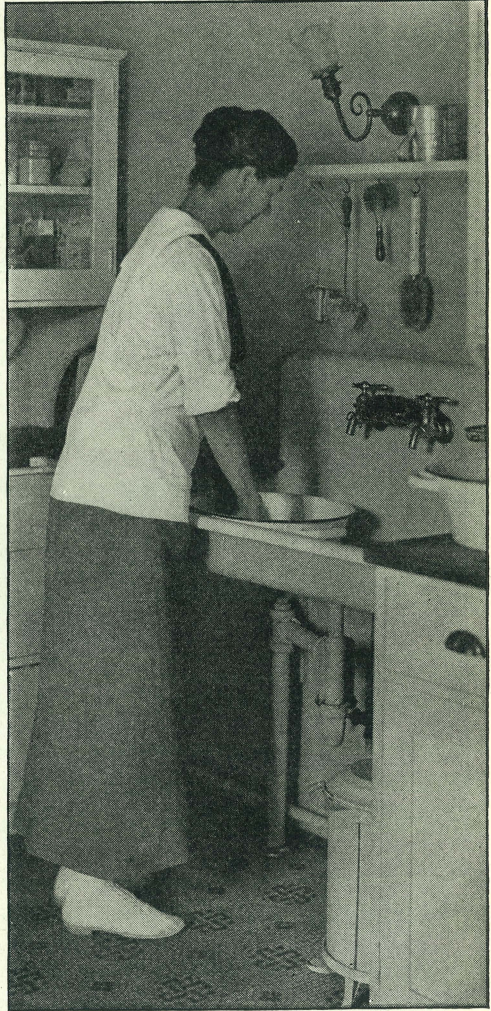


FIG. 69. PLEASANT WORK

A sink placed at the right height makes dish washing a pleasant exercise





FIG. 70. THE WRONG WAY

A low bench destroys the natural double curve of the spine

their height to tables. It may be argued in favor of the low table for general use, that some women are short and so could not work at a high table, whereas a tall woman can accommodate herself to a low table by stooping. Of course, the best worktable is that which suits the worker's height; but if two women of marked difference in height must use the same table, then it is much better for the shorter woman in her work to reach somewhat upward — as we have seen little children do — than for the





FIG. 71. THE BETTER WAY

A bench of the right height permits the body to bend at the hips in a correct and easy manner



taller woman to stoop to any considerable degree. For the shorter woman a stool or step may be placed in front of the worktable, the ironing board, or the bench used for the washtub. For her to make the big, sturdy leg-

muscles do a little extra work in taking a step upward to her work is far better than for the taller woman to jeopardize her health, her powers of daily endurance, and the natural beauty of her figure by straining and bowing her back over too low a table.

"A penny saved is twopence earned" in physical as well as in commercial life. Many pennies of nervous energy may be saved in a day's work by using only the muscles necessary in the accomplishment of any task. For instance, in lifting, many persons use the back and arm muscles when only the latter are needed. In carrying a weight the body should be easily balanced, instead of being tipped backward from the hips, that the lower back muscles may not overwork.

You remember the wise old saying, "Make your head save your heels"? Let us give you another: "Make your arms and legs save your back." Every woman facing a big day's work should remember that she has four sturdy servants to do her bidding. She



FIG. 72. POSITION OF BODY IN SWEEPING

The muscles of the back should keep the trunk of the body nearly erect even in such exercise as sweeping

should direct them to render their rightful service, namely, to lift, to carry, to scrub, to wash, to walk, to stoop, to mount stairs, to sweep, to reach, to write, to sew. She should command them to save in every way possible the smaller, more essential and delicate muscles of the trunk, from labor unfitted for them.



Women who have formed the habit of standing in a bent-back burdened attitude exaggerate that bad position in the body when they walk, especially if there is a sense of hurry in the brain. Recall the mental picture of some neighbor hurrying about her work, in a sort of dogtrot gait, with body bent forward nearly one third from the upright, with head and shoulders quite in advance of the rest of the body, as if the legs could not, or would not, go fast enough for the impatient brain and body. Such is the haste that makes waste. Such a position means straining and enfeebling the poor back, and it means interference with breathing, circulation, and digestion. It courts heaviness of movement, heaviness of spirit, and oldness of body. It announces that the woman is not master of her work; rather that her work masters and drives her. All must acknowledge that such a condition of things is wrong. A woman with much depending on her should be able wisely to direct her body in her work, and not allow her work to own her. When one is well-poised, and free and buoyant in bodily movement, one can walk rapidly, or even run, while doing one's work and suffer none of the exhaustive effects that always attend the spirit of hurry. An Arab proverb well puts it that "hurry is the devil." Shall we not keep ourselves serene and free from his malign influence?

### DAILY EXERCISES FOR ACQUIRING STRENGTH

1. Stand erect, as nearly as possible in the position shown in Fig. 64, B. Raise the arms level with the shoulders, turn them so that the palm of the hand shall face directly forward. Stretch the arms well outward and at the same time push vigorously backward. Care should be taken to keep the head well up; it is even better if the head inclines slightly backward. After pushing for a moment relax the arms and let them fall. Repeat the exercise two or three times.

2. Stand erect, the weight of the body being entirely on the right leg. Raise the left arm upward until it is close beside the ear; then, keeping the fingers pointing toward the ceiling, stretch upward as far as is easily possible. Hold this position of stretched muscles for a moment; then slightly relax the arm; again energize and stretch; then let the arm relax completely and drop by its own weight to the side. Without changing the weight of the body from the right leg, raise the right arm and stretch and relax as before. Repeat the entire exercise, standing with the weight on the left leg.

3. Stand well-poised over the balls of the feet. Lift the shoulders as high as possible. With intense energy slowly crowd the shoulders backward as far as possible and simultaneously bend somewhat forward from the hips — the head moving backward in opposition to the direction of



the movement of the trunk. After holding this energized position for about half a minute, relax the muscles and allow the body to come to a buoyant, normal position. Repeat the exercise until a positive glow or warmth is felt between the shoulders.

4. Stand as shown in Fig. 64, B. Extend the arms well outward from the shoulders, keeping the palms of the hands facing forward. Rise on the balls of the feet; then simultaneously fill the lungs with fresh air and bring the forearms inward until the fingers touch the chest. Retain the breath a few seconds while the fingers lightly tap the entire surface of the chest. Then relax, come down on the whole of the feet, and exhale the breath. Again stretch, and repeat the exercise. Care should be taken to keep the body from inclining even slightly backward, as to do so brings strain on the lower back. In order to avoid such strain it is well to incline the body somewhat forward from the hips — *not from the waistline*. While patting the chest, the elbows should be raised very high so as to stretch all the side muscles. In ordinary daily occupations those muscles are often contracted for long periods. Such contraction interferes with digestion and circulation; it also tends to misshape the figure.

5. The following exercise is one especially beneficial in strengthening and freeing all the waist muscles. It also stimulates the action of the liver and of the stomach.

6. Sit erect with the back unsupported, as shown in Fig. 67. Place the open hands at the waistline above the hips, the thumbs pointing backward and the fingers forward. First uplift the shoulders and the entire trunk as much as possible; then bend and stretch the trunk toward the right side. Hold this position of energized side-stretching for a moment, then come back to the position shown in Fig. 67 and completely relax the side muscles. Rest a moment, again bend and stretch toward the right. Repeat the exercise by twice bending and stretching toward the left side. Care should be taken not to allow the body to collapse at the waistline in front when the side muscles are relaxed. At the beginning and during the moment of rest, the back should keep its double curve of strength and beauty.

### Keep the body young in spite of years

There is another good to be gained by the practice of the one-minute exercises described above. In a marked degree they help to keep the body young — young in movement, in elasticity, in looks, and in feeling. No one who can work is too old to gain favorable results from the practice of simple, rejuvenating, restful exercises. The aging of the body is not a matter of years; it is rather a matter of condition. The way one habitually uses the body largely determines what its ultimate condition shall be. Oldness of body means setness of muscles as differing from the



freedom of the child's muscles; it means stiffness of joints as differing from the flexibility of the child's joints; it means a stooped attitude as differing from the erect attitude of youth; it means heaviness of movement as differing from the lightness and buoyancy of youth. Setness of muscles, which is akin to the muscle-bound state sometimes found among athletes, can best be overcome by stretching and relaxing exercises, stretching the muscles in ways different from their customary use, and then completely relaxing them; one should stretch and relax, stretch and relax, three or four times in one or two minutes of practice. A noticeable gain in freedom and spring in the movement of the muscles often results from even a few consecutive days of practice.

Mrs. Bishop, in her book entitled "Seventy Years Young," makes a distinction between organic old age and some of the prevalent old-age bugaboos. She makes years the worst hobgoblin of all and declares that years are only the arbitrary measurement of time, that they have terrorized victims into premature oldness of mind and body. Other old-age bugaboos are gray hair or lines on the face, and pessimistic theories concerning life. Robert Louis Stevenson gives good advice when he says, "Cling to your youth; it is an artist's stock in trade; do not give up that you are aging and you won't age." Shakespeare says, "With mirth and laughter let old wrinkles come." The person who moves about with difficulty and says that he is getting old is inviting old age much faster than he who plays with boys and girls, keeps in touch with books and nature, and has not courted worry and fear of old age.

Gail Hamilton objected to the term "marry and settle down." It is easy after a day of fatigue to find it difficult to harness the team and drive out to social affairs; but just because such a tendency is becoming habitual one should pull himself together and go anyhow, whether or not it is easy to do so. Contact with other people, old and young, keeps the spirit young; while the habit of growing into fixed ways of staying at home will invite gray hair, wrinkles, and other indications of years. Young-looking men and women whose sons and daughters have grown up, are very attractive members of society. Very often others inquire of them, "How did you manage to keep so young?" Perhaps it was the very sympathy and companionship with their children that brought to the youthful-appearing parents that happy condition.

### SUGGESTIONS FOR STUDY AND CLUB DISCUSSIONS

1. Try at intervals the exercises suggested in this bulletin. While performing them, keep the weight forward on the balls of the feet, with the chest high, the hips back, and the chest and bust in advance of the abdomen. Exercises taken in improper positions are worse than none, since they bring strain on the organs and lead to unnatural attitudes.



2. Do not omit the rest and relaxing exercises of yawning, stretching, laughing. They all aid in digestion and prevent insomnia, nervous exhaustion, and nerve tension. They add to the normal, healthful condition of mind and body.

3. It would be well to use at each meeting the exercises described, appoint a leader, and, if possible, obtain the assistance of some one who has given special attention to the study of the exercises. Avoid an undue amount of muscular strain, as some of the exercises call into use muscles unused to work. Those muscles may be gradually strengthened, however, to serve in the work of the house and to save strain on the spine.

4. Discuss the application of the exercises outlined in this bulletin to attitudes taken in housekeeping.

5. Discuss methods and times for rest in the daily program of housework.

6. At the meeting devoted to the topic of saving strength, read from "Power through Repose" a chapter of interest on the subject. Discuss and apply the chapter.

7. Discuss the economic value of health.

8. Does sympathy put a premium on unnecessary disease?

9. Study the effect of physical education from the earliest days.

10. Is the body as a whole as strong as its weakest part?

11. What seems to be the effect of carriage and physical attitudes on character?

12. What effect has our physical bearing on others?

13. How much can schools do to secure healthful attitudes in children?

14. If possible, introduce, from sculpture or pictures, the study of some strong ideal of manly or womanly strength — for example, of Apollo, Venus, or Diana.

15. Is enough done at home and at school to provide, for both boys and girls, games that effect healthy development?

16. Should the often excessive amount of exercise required in housework take the place of a brisk out-of-door walk?

17. Wherein does housework as specialized labor interfere with the healthful development of women?

18. Wherein can physical exercises counteract bad results of housework?

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